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Health

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| **Across**  **1.** weight-loss plans that tend to be popular for only a short time  **6.** extreme harmful earring behaviors that can cause serious illness or even death  **11.** the process by which your body takes in and uses food  **15.** a measure of body weight relative to height  **19.** the way you see your body  **21.** a tough complex carbohydrate that the body cannot digest  **22.** negative reaction to food that doesn't involve the immune system  **25.** waxy fatlike substance  **27.** the psychological desire for food  **28.** a high ratio of nutrients to calories  **30.** compounds found in food that help regulate many body processes  **31.** a repeated pattern of losing and regaining body weight  **32.** the spreading of pathogens for one food to another  **33.** substances added to a food to produce a desired effect | **Down**  **2.** treating a substance with heat to kill or slow the growth of pathogens  **3.** a set of recommendations about smart eating and physical activity  **4.** an interactive guide to healthful eating and active living  **5.** a condition in which the bones become fragile and break easily  **7.** starches and sugars found in foods, prove main source of energy  **8.** the natural physical drive to eat  **9.** an eating disorder in which people overeat compulsively  **10.** an eating disorder that involves cycles of overeating and purging or attempts to rid the body of food  **12.** having an excess of body fat  **13.** heavier than the standard weight range for your height  **14.** the process by which the body breaks down substances and gets energy from food  **16.** below the standard weight range for your height  **17.** a condition in which the body's immune system reacts to substances in some foods  **18.** an eating disorder in which an irrational fear of weight gain leads people to starve themselves  **20.** elements found in food that are used by the body  **23.** substances in food that you body needs to grow, to repair itself, and to supply you with energy  **24.** food poisoning  **26.** nutrients the body uses to build and maintain its cells and tissues  **29.** unit of heat used yo measure the energy your body uses and the energy it receives from food |

   nutrition       nutrients       calorie       hunger       appetite       carbohydrates       fiber       proteins       cholesterol        vitamins       minerals       osteoporosis        Dietary Guidelines for Americans       MyPyramid       nutrient-dense       food additives        foodborne illness        pasteurization        cross-contamination       food allergy       food intolerance       metabolism       body mass index       overweight       obese       underweight        body image       fad diets       weight cycling        eating disorders        anorexia nervosa       bulimia nervosa       binge eating disorder